

Typical Day on Navigators

- Wake up
- Breakfast prep (and campsite take down if we are moving that day)
- Breakfast
- “Chalk talk” and dry land lesson on river dynamics
- On the water
- Instructional lesson on a whitewater paddling skill (e.g. paddling strokes)
- Paddle to our first set of rapids
- Scout the rapids and plan a route through
- Run the rapid
- Play and learn at the bottom
- Lunch
- Portage to the top and run rapid again
- Paddle on to the next site
- Arrive at the campsite
- Swim and games (e.g. Frisbee on the beach)
- Dinner prep and campsite set up
- Dinner
- Evening Activity (e.g. journal writing, bracelet making...)
- Campfire
- Flashlights out

the day’s activities depend on the weather and feelings of the group each day and the distance that needs to be covered